

Cooking for Kids

Recipe Sizing Report

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000124 - Pico de Gallo :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
901062 ONIONS,RED,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 799939 GARLIC,RAW..... 011979 PEPPERS,JALAPENO,RAW..... 799968 CILANTRO.....	2 1/2 cups + 2 Tbsp 13 lbs + 3 ozs 2/3 cup 2/3 cup 2 1/2 cups + 2 Tbsp	1. Wash all produce thoroughly. 2. Small dice onions and tomatoes. Mince garlic and jalapenos. Chop cilantro. Place all in a large bowl.
050385 OIL, VEGETABLE..... 009160 LIME JUICE,RAW..... 799902 CUMIN,GROUND..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL.....	2/3 oz 3/4 cup + 3 1/2 Tbsp 1 Tbsp + 7/8 tsp 1/3 cup	3. Add all remaining ingredients into a bowl and mix until all ingredients are fully incorporated. Chill for 30 minutes before serving.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	36 kcal	Cholesterol	0 mg	Sugars	*3.4* g	Calcium	44.66 mg	16.65%	Calories from Total Fat
Total Fat	0.66 g	Sodium	72 mg	Protein	1.36 g	Iron	0.55 mg	2.41%	Calories from Saturated Fat
Saturated Fat	0.10 g	Carbohydrates	7.09 g	Vitamin A	1045.5 IU	Water ¹	*126.86* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.80 g	Vitamin C	20.4 mg	Ash ¹	*0.97* g	79.37%	Calories from Carbohydrates
								15.18%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.